

Abstract

This bachelor thesis is concerned with the identification and systematization of lecturers' competencies for health exercises of the elderly. The thesis is divided into four chapters. The first chapter is focused on the characteristics of old age and aging, definition and periodization of old age, the definition of the term senior and the physiological changes in old age. The following chapter is devoted to physical activities in the elderly, their anchoring in European and national documents, physical literacy in the elderly, health and physical specifics of the elderly and health exercises for the elderly. The third chapter is concerned with the lecturers of health exercises for the elderly, as an occupation, furthermore with, competencies based on the analysis of similar occupations focused on the physical activity of the elderly. This identification of competencies subsequently leads to the compilation of a systematized competence profile of lecturer of health exercises for the elderly. The last chapter is devoted to empirical research, whose aim is to find out, which competencies are according to trainers in Prague's Sokol's unions needed to lead a course of health exercises for the elderly and compare these opinions with the compiled competence profile.

Keywords: competence, competency profile, elderly, health exercises for elderly, lecturer of health exercises for elderly, physical activity, Sokol